

**21 Nov** (apologies in advance: some changes may occur from time to time due to seasonal availability, delivery issues, or unforeseen circumstances)

Allergens **are in bold**

**Meat Free Monday 21 Nov**

**Main:** Tomato, sage and roasted Italian aubergine pasta

**Sides:** optional parmesan sprinkles and roasted broccoli

**Pud:** Rice pudding or fresh fruit

Allergens

**gluten – milk**

**Tuesday 22 Nov**

**Main:** Sweet cranberry Holy lamb stew with chickpeas (or sweet Holy chickpea stew)

**Sides:** roasted, cubed Rosemary potatoes, sweetcorn and steamed cauliflower

**Pud:** Rice pudding or fresh fruit

Allergens

**gluten – milk**

**Without Meat Wednesday 23 Nov**

**Main:** Chinese style egg fried rice

**Sides:** stir-fried vegetables

**Pud:** Greek yogurt fruit Fool or fresh fruit

Allergens

**milk – gluten – sulphates -**

**Thursday 24 Nov**

**Main:** Chicken Shawama kebobs or Shewama coated veggie sausages

**Sides:** flat breads, couscous with herbs, roasted butternut squash and pomegranate, lettuce, cucumber and garlic yogurt

**Pud:** fresh fruit

Allergens

**Gluten- dairy**

**Fish Friday 25 Nov**

**Main:** fresh, local, white fish baked in lemon and garlic

**Sides:** oven roasted skin on chips, peas and ketchup

**Pud:** cinnamon puff swirls

Allergens

**– dairy – gluten - lupin**